

WHMS CHAMPAIGN-URBANA

QUARTERLY REPORT

SECOND QUARTER 2023

APRIL, MAY, JUNE 2023

WHMS PROGRAM DESCRIPTIONS

Champaign Multimedia, LLC acquired WDWS, WHMS, WKIO in November 2019.

Since the late 80's WHMS has been a music driven station. Utilizing its successful combination of adult contemporary music and strong local personalities. Our morning personality has been part of the community for 45 years. All 45 years in Morning Drive. Our afternoon personality has been a part of the local media landscape from the last 28 years. Our local personalities and a local news staff of 22 has given WHMS an identity beyond being just a music station. We air local news updates throughout the week. With the size of our news team we are able to respond to situations and emergencies that affect our local communities 24/7.

Below are the programs from which we generate our response and/or coverage regarding local issues as identified in the following pages. The topics addressed are just a small sample of how WHMS serves our communities all day, all night, all weekend.

SMJ: "Sunday Morning Journal" A weekly discussion program. It airs Sunday Morning at 6:30am. (Public Affairs)

MB: "Morning Break" A live discussion segment during the Morning Drive program 5A-9A (M-F). Newsmakers, local leaders and philanthropic representatives are interviewed (Public Affairs)

NWS: "News Segment" Specific extended stories or information packages prepared and delivered by our joint broadcast and print News department.

CI: "Citizen Involvement" A series of pre-recorded programs. (Public Affairs)

SA: "Station Announcement" A series of short messages in support and or in conjunction with WHMS community initiatives.

Key Second Quarter 2023 Issues

Local Economy A variety of positive growth patterns of tourism, retail, health care, new businesses, infrastructure and more. How will 2023 continue to progress. Addressed in newscasts on: April 3rd, April 4th, April 10th, April 12th, April 13th, April 18th, April 19th, April 20th, May 1st, May 2nd, May 4th, May 5th, May 8th, May 10th, May 11th, May 15th, May 16th, May 17th, May 23rd, May 24th, May 26th, May 30th, June 1st, June 6th, June 9th, June 26th, June 27th, June 28th, June 29th, June 30th

Guns & Crime Incidents involving the discharge of a firearm continues to be a strong community concern. Addressed in newscasts on: April 4th, April 6th, April 7th, April 13th, April 14th, April 17th, April 20th, April 21st, April 24th, April 25th, April 27th, May 1st, May 3rd, May 8th, May 9th, May 10th, May 11th, May 15th, May 16th, May 17th, May 18th, May 19th, May 22nd, May 25th, May 26th, May 30th, June 2nd, June 5th, June 6th, June 7th, June 9th, June 12th, June 13th, June 15th, June 23rd, June 26th, June 27th, June 28th, June 30th,

Local Elections Addressed in newscasts on: April 3rd, April 5th, April 6th, April 11th, April 13th, April 14th, April 17th, April 18th, April 19th

Education Plenty of discussion within community school districts, private schools, Parkland Community College, Danville Area Community College and the University of Illinois. Primary focus on how the various items affect local *families*. Addressed in newscasts on: April 6th, April 10th, April 11th, April 19th, April 26th, April 28th, May 1st, May 8th, May 11th, May 15th, May 23rd, May 24th, June 5th, June 7th, June 14th, June 27th, June 30th

Legality of Assault Weapons Sales in Illinois (i.e. AR-15) Addressed in newscasts on: April 5th, April 11th, April 18th, May 9th, May 11th, May 12th, May 17th

Opening of Vermillion County Abortion Clinic Addressed in newscasts on: May 2nd, May 4th, May 23rd, May 24th, June 16th

Local Government A number of local issues involving government entities including Champaign County Nursing Home, Sales Taxes, State Health Insurance, Retail Plastic Bag Usage, Urbana Capital Project Spending, Storm Water, Rantoul Village Administration, Savoy Fire Department, Garden Hills Investment and more. Addressed in newscasts on: April 7th, April 12th, April 13th, April 19th, April 21st, April 25th, May 1st, May 9th, May 25th, May 26th, June 12th, June 14th, June 15th, June 16th, June 19th, June 21st, June 22nd

Local Police A number of topics involving local law enforcement. Including Urbana Police Chief Search, Use of Drones, Use of Force, PTI, Traffic Stops, Downtown Security and more. Addressed in newscasts on: April 4th, April 14th, May 2nd, May 4th, May 5th, May 12th, May 16th, May 18th, May 19th, June 2nd, June 5th, June 6th, June 8th, June 9th, June 21st

The WHMS Morning Show devotes time talking with various community members about issues and events in studio. Here's a list of some of the Second Quarter 2023 guests:

- April 13 Kevin Rogers for Champaign County CASA**
- April 19 Farm Family of The Week**
- April 25 Kay Green C-U Ballet
Jennifer Whereley, M-S High School Ag Store**
- April 26 Farm Family of The Week**
- May 3 Farm Family of The Week**
- May 5 Jerry Ragele Illini DDS Program**
- May 10 Farm Family of The Week**
- May 11 Todd Hitt Friends Fore Life**
- May 17 Farm Family of The Week**
- May 24 Farm Family of The Week**
- May 25 American Legion Poppy Day Drive Thru at our studios**
- May 30 Ginger Mills Cunningham Children's Home**
- May 31 Farm Family of The Week**
- June 7 Farm Family of The Week**
- June 13 Champaign-Urbana ATHENA Program**
- June 14 Champaign County Freedom Celebration Drive Thru Day
Farm Family of The Week**
- June 21 Farm Family of The Week**
- June 28 Farm Family of The Week**

Sunday Morning Journal focusing on Family Issues

April 2

When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity

April 9

Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center

Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Patti Feuereisen, Psychotherapist, Author, Invisible Girls; Speaking the Truth about Sexual Abuse

April 16

Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, The People's Hospital

We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group

April 23

Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University

Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins.

Host: Nancy Benson. Producer: Kristen Farrah.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli

April 30

Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC

Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University

May 7

From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

May 14

Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, author of I Had A Miscarriage; Wendy Dwyer, Mother

Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan

May 21

Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed"

Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab

May 28

Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Izabella Wentz, Thyroid Specialist, author, Adrenal Transformation Protocol

Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, Dr. Disha Narang explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital

June 4

Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother

Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjounakaris has some tips to keep you healthy on and off the court.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Fotios Tjounakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare

June 11

Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland

Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen or take her seriously.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Karen DeBonis, Author, Growth; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine

April 18

The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. Dr. Sanam Hafeez offers advice on how to turn this time of year into an experience of healing and growth.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University

June 25

Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, Hot and Bothered

Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, If Our Bodies Could Talk